



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 35156, Oil, spotted seal (Alaska Native)

Report Date: July 16, 2017 03:33 EDT

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water ¹	g	0.25	1	--
Energy	kcal	894	--	--
Energy	kJ	3740	--	--
Protein ¹	g	0.00	1	--
Total lipid (fat) ¹	g	99.32	1	--
Ash ¹	g	0.00	1	--
Carbohydrate, by difference	g	0.00	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	0.00	--	--
Sucrose	g	0.00	--	--
Glucose (dextrose)	g	0.00	--	--
Fructose	g	0.00	--	--
Lactose	g	0.00	--	--
Maltose	g	0.00	--	--
Galactose	g	0.00	--	--
Starch	g	0.00	--	--
Minerals				
Calcium, Ca ¹	mg	0	1	--
Iron, Fe ¹	mg	0.00	1	--
Magnesium, Mg ¹	mg	0	1	--
Phosphorus, P ¹	mg	0	1	--
Potassium, K ¹	mg	0	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Sodium, Na ¹	mg	0	1	--
Zinc, Zn ¹	mg	0.00	1	--
Copper, Cu ¹	mg	0.000	1	--
Manganese, Mn ¹	mg	0.000	1	--
Selenium, Se ¹	µg	2.2	1	--
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	--	--
Thiamin	mg	0.000	--	--
Riboflavin	mg	0.000	--	--
Niacin	mg	0.000	--	--
Pantothenic acid	mg	0.000	--	--
Vitamin B-6	mg	0.000	--	--
Folate, total	µg	0	--	--
Folic acid	µg	0	--	--
Folate, food	µg	0	--	--
Folate, DFE	µg	0	--	--
Vitamin B-12	µg	0.00	--	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	1044	--	--
Retinol ¹	µg	1044	1	--
Carotene, beta	µg	0	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	3480	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Vitamin E (alpha-tocopherol) ¹	mg	6.28	1	--
Vitamin E, added	mg	0.00	--	--
Tocopherol, beta ¹	mg	0.00	1	--
Tocopherol, gamma ¹	mg	0.00	1	--
Tocopherol, delta ¹	mg	0.00	1	--
Vitamin D (D2 + D3)	µg	0.7	1	--
Vitamin D ¹	IU	30	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Vitamin K (phylloquinone) ¹	µg	0.0	1	--
Lipids				
Fatty acids, total saturated	g	14.740	--	--
8:0 ¹	g	0.000	1	--
10:0 ¹	g	0.000	1	--
12:0 ¹	g	0.100	1	--
14:0 ¹	g	4.880	1	--
15:0 ¹	g	0.280	1	--
16:0 ¹	g	8.810	1	--
17:0 ¹	g	0.000	1	--
18:0 ¹	g	0.670	1	--
20:0 ¹	g	0.000	1	--
22:0 ¹	g	0.000	1	--
24:0 ¹	g	0.000	1	--
Fatty acids, total monounsaturated	g	54.520	--	--
14:1 ¹	g	0.560	1	--
15:1 ¹	g	0.060	1	--
16:1 undifferentiated ¹	g	10.960	1	--
17:1 ¹	g	0.000	1	--
18:1 undifferentiated ¹	g	21.940	1	--
20:1 ¹	g	15.020	1	--
22:1 undifferentiated ¹	g	5.850	1	--
24:1 c ¹	g	0.130	1	--
Fatty acids, total polyunsaturated	g	18.060	--	--
18:2 undifferentiated ¹	g	0.950	1	--
18:3 undifferentiated ¹	g	0.790	1	--
18:4 ¹	g	0.970	1	--
20:2 n-6 c,c ¹	g	0.200	1	--
20:3 undifferentiated ¹	g	0.100	1	--
20:4 undifferentiated ¹	g	0.720	1	--
20:5 n-3 (EPA) ¹	g	3.930	1	--
21:5 ¹	g	0.280	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
22:4 ¹	g	0.160	1	--
22:5 n-3 (DPA) ¹	g	3.440	1	--
22:6 n-3 (DHA) ¹	g	6.520	1	--

Amino Acids

Other

Caffeine	mg	0	--	--
Theobromine	mg	0	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD